## Claims

What is claimed is:

1. A massage protrusion for use in a massage pad structure having a chamber accessible through an opening on a top surface of the massage pad structure, the massage protrusion comprising:

a hemispherical top movably disposed on the top surface; and,

a root section coupled to the hemispherical top through the opening and movably disposed in and limited by the chamber.

- 2. The massage protrusion of claim 1, wherein each massage protrusion further comprises a connecting pillar that extends downward from the hemispherical top and couples to the root section.
- 3. The massage protrusion of claim 1, wherein the root section comprises a hemispherical bottom coupled to the connecting pillar, the hemispherical bottom having a diameter greater than the diameter of the opening.

4. The massage protrusion of claim 1, wherein the root section comprises a hemispherical bottom coupled to the connecting pillar, the hemispherical bottom having an arresting ring disposed

at a bottom portion of the connecting pillar.

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- 5. The massage protrusion of claim 4, wherein the arresting ring having an outside diameter greater than the diameter of the opening.
- The massage protrusion of claim 1, further comprising an elastic tension member displaced in the chamber and supporting the root section.
- 7. The massage protrusion of claim 1, wherein the root section has a spherical shape coupled to the hemispherical top through a neck section.
- 8. The massage protrusion of claim 1, wherein the root section has a water-drop shape with a tapered portion coupled to the hemispherical top through a neck section.
  - 9. The massage protrusion of claim 1, wherein the hemispherical top has a magnetic member embedded therein.
- 20 10. The massage protrusion of claim 1, wherein the hemispherical top is made of a ceramic material.
  - 11. The massage protrusion of claim 1, wherein the hemispherical top is coated with a far infrared converting material.
  - 12. The massage protrusion of claim 1, wherein the hemispherical top of the massage protrusion includes a groove.

- 13. The massage protrusion of claim 1, wherein the hemispherical top of the massage protrusion includes an opening on a top surface.
- 5 14. A massage pad structure comprising:
  - a mat having a plurality of through holes;
  - a pad plate;
  - a middle layer sandwiched between the mat and the pad plate and having a plurality of chambers, each of the plurality of chambers accessible through a through hole of the plurality of through holes;
    - a plurality of massage protrusions, each massage protrusion having:
- a hemispherical top movably disposed on the mat;

  a root section coupled to the hemispherical top

  through the through hole and movably disposed in and limited

  by a chamber of the plurality of chambers.
- 15. The massage pad structure of claim 14, wherein each
  20 massage protrusion further comprises a connecting pillar that
  extends downward from the hemispherical top, passes through the
  through hole and couples to the root section.
- 16. The massage pad structure of claim 14, wherein the root section comprises a hemispherical bottom coupled to the connecting pillar, the hemispherical bottom having a diameter greater than the diameter of the through hole.

- 17. The massage pad structure of claim 14, wherein the root section comprises a hemispherical bottom coupled to the connecting pillar, the hemispherical bottom having an arresting ring disposed at a bottom portion of the connecting pillar.
- 18. The massage pad structure of claim 17, wherein the arresting ring having an outside diameter greater than the diameter of the through hole.

- 19. The massage pad structure of claim 14, further comprising an elastic tension member displaced in the chamber and supporting the root section.
- 15 20. The massage pad structure of claim 14, wherein the root section has a shape selected from the collection of a water-drop shape and a spherical shape, with its upper section coupled to the hemispherical top through a neck section.
- 20 21. The massage pad structure of claim 14, wherein the hemispherical top has a magnetic member embedded therein.
  - 22. The massage pad structure of claim 14, wherein the hemispherical top is made of a ceramic material.

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23. The massage pad structure of claim 14, wherein the hemispherical top is coated with a far infrared converting material.

- 24. The massage pad structure of claim 14, further comprising a dirt isolating layer covering the plurality of massage protrusions.
- 5 25. The massage pad structure of claim-14, wherein the pad plate includes an attachment layer disposed on a lower surface.
  - 26. The massage pad structure of claim 14, wherein the hemispherical top of the massage protrusion includes a groove.
  - 27. The massage pad structure of claim 14, wherein the hemispherical top of the massage protrusion includes an opening on a top surface.
- 15 28. A method comprising the steps of:

providing a massage pad structure comprising a top surface with at least one opening for accessing a chamber in the massage pad structure; and,

inserting a massage protrusion into the chamber through
the opening, the massage protrusion having a top portion being
movably disposed on the top surface and further having a bottom
portion being retained in the chamber.